

"I AM SET FOR THE DEFENCE OF THE GOSPEL."

O. S. MURRAY, EDITOR AND PROPRIETOR.

BRANDON, WEDNESDAY, DECEMBER 7, 1836.

VOL. IX...NO. 11.

TERMS.

The VERMONT TELEGRAPH is published weekly, at \$2.00 a year, payable within four months—after four months and within eight months—after eight months and within the year \$2.50—after the close of the year, to rise in this ratio.

To companies who receive twelve or more copies in one bundle, and pay within four months, \$1.50—after four months, to rise as above, \$1.75 within eight months &c.

Agents, who procure and pay for six subscribers, are entitled to the seventh copy gratis.

No paper to be discontinued until arrears are paid, except at the discretion of the publisher.

All letters, to secure attention, must come postage paid.

EDUCATION.

Further Extracts from Weld's Report on Manual Labor.

Having ascertained the amount of daily exercise, which seems most effectually to meet the bodily and mental necessities of the student, as a general rule, the next inquiry in order is, shall this exercise be taken in three successive hours, or shall it be divided into two or three portions, and distributed over the day?

Much valuable medical testimony upon this subject has been received. For the sake of brevity I will condense this testimony into a few general rules, embodying the substance of the whole.

As a general rule, this exercise should not be taken in three successive hours, but should be divided into at least two portions, and performed at different periods of the day. It should not be taken either immediately before or after meals. Half an hour should intervene after exercise before meals, and an hour after meals before exercise. It should not commence before sunrise, nor continue after sunset; and in the summer it should not be performed between the hours of nine in the morning and four in the evening. If divided into two portions, one had better precede the morning, and the other the evening meal, from the first of May to the latter part of October. During the remainder of the year, let it be commenced one hour after breakfast, and the same time after dinner. These of course are mere general rules, subject to exceptions and modifications, according to circumstances.

2. The exercise should be moderate.*—A sudden transition from a state of inaction which has continued for hours, to violent muscular exertion, always injures, and if the student has not been accustomed to much bodily effort, may prove fatal. With respect to the degree of effort, moderately vigorous, muscular exertion is the perfection of bodily exercise.

We proceed next to inquire what kind of exercise is best adapted to the student, and most suitable to be incorporated into a regular system. It would be foreign to the subject of this communication to discuss the merits of every kind of bodily exercise. Some of the most common modes only will be noticed. Walking, riding on horseback, and swimming, are all good, but cannot be reduced to system in connection with an institution.

Military exercises have been incorporated with literary institutions to some extent in this country. In a strictly military school, like that at West Point, such exercises are not out of place. But our systems of education will need no such appendage as an apprenticeship to the art of war, until fighting becomes the appropriate vocation of man, and human butchery the ordinary business of life. If we would have the glare of military glory eclipse every other, and a military spirit the only spirit which the people shall delight to honor, by subjecting our youth to influences adapted to excite a warlike spirit, we employ all the instrumentality requisite to such a result.

Within a few years gymnastic exercises have been introduced into this country from Germany, and adopted at some of our institutions. By some they are extolled as constituting the perfection of bodily exercise, and by others pointedly condemned. The question before us is not whether spending three hours daily in gymnastic exercise is preferable to idleness; but whether that kind of exercise has as strong claims as any other, to be incorporated into a system of education.

* This is especially necessary for those who have never been used to manual labor. Such will probably find at first that even one hour of moderate labor will produce fatigue, and perhaps on that account temporarily retard rather than promote progress in study; but let not such infer from this that exercise does not promote energy of body and activity of mind. The invalid rising from a bed of sickness is fatigued by a short ride. The next day he can ride farther with less fatigue. Let him pursue this course from day to day, and perhaps within a month he can ride for hours not only without fatigue, but will derive from the exercise great refreshment and vigor. Any considerable change in one's habits produces temporary inconvenience, and often actual pain, even though this change may be a great improvement, demanded by the laws of the constitution, and indispensable to the permanent vigor and comfort of the body, and to the highest efficiency of the mind. But will a wise man refuse to rectify the perversions of his system because the effort will be attended with temporary inconveniences? If he had dislocated a limb would he refuse to have it restored to its place, on account of the pain connected with the operation?

for universal and permanent use; whether it is as beneficial as any other to the body, the mind, the morals and character of the student, and equally favorable in its influence upon the community.

There are a few obvious objections to this system of exercise which have more than mere plausibility to recommend them.

1. It is dangerous. Probably too much stress has been laid upon this objection; still it has some force. Sprains, dislocations, fractures, ruptured blood vessels, and death, have all been entered upon the records of gymnasia in our own country.* True, no kind of exercise is exempt from the possibility of accident; but in some the liability is great, in others inconsiderable; and certainly those which are least perilous are to be preferred for a system of exercise, if they are equally beneficial.

2. It is unnatural. Many of the muscular movements required are such as are rarely demanded by human circumstances. Besides, the violent action which certain muscles are required to perform makes a disproportionate demand upon the energies of the system, and destroys that equilibrium which is necessary to the perfect performance of all its functions.

3. It is unphilosophical. It is ill adapted to interest the mind. An individual cannot be permanently interested in any active exercise, unless that exercise produce changes in the state of other objects. The child will build cob-houses and push them down, "by the hour together;" but will it push against the wall for an hour? No. Why not? Because no visible effects are witnessed, and the production of manifest effects is a main element of interest in muscular movements. Give the boy a knife and a stick, and he will amuse himself with whittling for a long time; but how much amusement would he find in rubbing the stick with the back of his knife? In the former case there is the production of visible effects, not upon his own body merely, but in altering the condition of another object. In the latter there are none. But perhaps it may be said, men should put away childish things. Grant it; but this principle belongs to the mental constitution, and governs the man as well as the child. Let any one try the experiment. Let him take an axe and cleave the air for half an hour, or chop wood with the handle, or swing his scythe where there is nothing to cut but vacuity, and he will gladly fly for relief to some kind of exercise where every stroke produces visible effects. Then his mind will have something to amuse it. It will be furnished with appropriate food. That kind of exercise is best, other things being equal, which most effectually withdraws the attention of the student from himself, and pleasantly, not intensely, absorbs it in other objects. How shall this be effected? Shall we call upon the mind to force out its attention by arbitrary volition, to listen it upon some object which awakens no interest, and hold it there by main strength? Or shall we surround the mind by objects fitted to awaken its interest and allure its attention—objects whose intrinsic qualities are a magnet with sufficient attraction to draw it out and delight it?

Gymnastic exercises produce few visible effects, and therefore cannot permanently interest the mind. When the mind is not pleasantly occupied, the body soon becomes fatigued, and both are jaded rather than refreshed by the exercise. It is the testimony of experience that exercise, in order essentially to benefit, must furnish the mind either with a great variety of different objects for its amusement, or else with continual changes in the state of the same objects. The consciousness of effecting these changes by one's own efforts adds greatly to the interest which they excite.

The main exercises of the gymnasium merely move the limbs and change the posture of the body; as bending forward and backward, swinging the arms and legs, hanging and swinging by the hands and feet, whirling over poles, climbing ropes and ladders, jumping, swinging, dumb-bells, &c. The novelty of such exercise is soon worn away. The movements become spiritless, and not only cease to interest, but excite aversion. But perhaps it will be said, an interest may be excited in them by other considerations; ambition may be appealed to, and a glow of interest kept up by the effort to excel others. True, and that is an argument against such appeals. Intense emotions are excited, and that state of mind is produced, which, more than any thing else, counteracts all the good effects of the exercise. Besides, such appeals excite to bodily efforts too violent a character.

* "Gymnastic exercises are unsuitable to those whose chief habits are sedentary and studious. To resort immediately from the closest to the gymnasium to try feats of agility and strength is dangerous, and has proved fatal." Professor Caldwell, Med. Dep. Trans. University.

"Gymnastic exercises are in general too violent for persons who employ the greater part of their time in sedentary pursuits."—Dr. Post, Demonstrator of Anatomy, College of Physicians and Surgeons, N. Y.

"The exercises of the gymnasium are also attended with some hazard of personal injury; and not a few instances might be cited of very considerable evils resulting from this practice."—Mitchell's "Hints to Students."

NEW HAMPTON INSTITUTION.

The Trustees are desirous of rendering the course of studies in this Institution as thorough and extensive as the circumstances of the students who resort to it, may require. For this purpose they have arranged the studies of each Department in the order in which they wish to have them pursued.

The Senior English Department is designed to give a thorough course of instruction in English literature and Science. The advantages arising from system, in the arrangement of the studies to be taken up each year, will be obvious to every one upon a moment's reflection. It is hoped that young men will feel its importance, and, as far as possible, make their arrangements to pursue the course without interruption. But, while we are desirous of introducing order and system, no effort will be wanting on the part of the teachers to prepare those, whose circumstances require a shorter course, for teaching, or mechanical and mercantile business. We feel fully assured that their interests will be really promoted by our present plan.

It is designed that, in the Classical Department, the course shall be sufficiently thorough and extensive to enable the student subsequently to advance in Collegiate studies with facility. The general deficiency of preparatory studies in elementary knowledge is justly lamented. To obviate this complaint, has been, and is still, with the Trustees, a prominent object. The construing and parsing of the books on the list of requisitions for entrance into our New-England Colleges, demand an application of not less than two full years. Regarding the interests of the students themselves, the character of the Institution, and the advancement of Classical learning, none deficient in the required qualifications, will be considered entitled to our commendatory certificates for admission to college.

By examining the list of students in the Theological Department, it will be seen that the Trustees have selected such as will fix upon the young men habits of close and patient thought, while they have not overlooked their more direct bearing upon future usefulness. Fully confirmed in the opinion that the wants of the church in this State and in our country generally, demand that this Department should exist, they have determined to sustain it vigorously, by making every laudable effort to secure an extensive library, competent instruction, and whatever else will make it a blessing to the church and the world.

In addition to the studies of the regular course, instruction will be given, whenever thought advisable, in Greek and Hebrew.

The building occupied by the Female Department is to be remodeled and enlarged upon before the opening of the Spring Term. A spacious and convenient edifice is also about to be erected, which will contain at least fifty rooms to be occupied as studies, with a dormitory attached to each.

In connection with these improvements, the Trustees have judged it expedient that regular courses of study should be prescribed, one exclusively English, the other embracing the Latin, Greek, French and Italian languages, a sketch of which will be seen in the foregoing plan.

This arrangement is so adjusted as to occasion no inconvenience to those whose circumstances will not admit of their pursuing a complete course, while it offers strong inducements to those who can, to do so.

To defray the increased expense of the proposed system, it is found necessary to make a small advance upon the terms of tuition. The elementary branches of English will be taught for \$3.00, per quarter as heretofore; higher English branches, \$4.00; Languages, Drawing, Painting, together with any other branches, included in the course, \$5.00. Board, in the Commons when completed, at cost. The proposed system of operation will not go into effect before the opening of the Fall Term. Those who contemplate pursuing a systematic course of study, may find it for their advantage to be present during the summer term, where they will have an opportunity of attending to such branches as may be necessary to enable them to enter some one of the regular classes.

It will be very desirable for parents and guardians, to specify as definitely as possible, their wishes and intentions in relation to those they may design to place at this Seminary, that their studies may be directed accordingly.

TEMPERANCE.

CIRCULAR.

To the Proprietors or Superintendents of Manufacturing Establishments in the United States and the British Provinces:

GENTLEMEN—There are two classes of facts which ought to come before the eye of the whole world. The statistics of intemperance and of abstinence—though thus far but partially presented, have produced surprising revolutions and improvements in public sentiment and practice. The facts already developed, have been astounding; while others of immense interest and importance, remain yet to be collected and exhibited. In prosecuting

this great enterprise, we have called upon gentlemen occupying various stations of responsibility and influence, and enjoying ample opportunities of observation, among all the different classes of community. Their answers present two glowing pictures. In the one, we behold individual degradation and ruin, social distress and public loss. We behold the monster reveling in the miseries of the human family. Under his paralyzing touch, commerce declines, and the sturdy arm of industry withers; health, intellect, virtue, hope, happiness, life, with its fondest endearments, its most tender attachments; in a word, all that is sacred, and lovely, and valuable to man as a mortal or an immortal, lie bleeding beneath the horrid smile of this bloated demon. This, we have found is no sketch of fancy. Sober facts, rigid statistics verify it with too horrible an authenticity. But the other picture is just as bright and cheering as this is painful. And it carries constantly with it the delightful reflection, that the half cannot be told. The streams of this peaceful, healthful river have gone coursing around the scorched and blighted plants of many a desolate hearth. And oh, how many drooping plants, the sweetest and best of earth's production, have begun to revive. We speak, gentlemen, without exaggeration; tens of millions of dollars have been saved to this nation, by the Temperance Reform. The polished arm has been touched as by a miraculous power. The pauper who was bringing his family to burden the town, is now the respectable, thriving mechanic; the family that used to eat with trembling anxiety, the last stale crust, lest it should prove the last indeed, are now living in the well furnished house, with the bountifully supplied tables, surrounded by the well clothed, well educated group of children. Disease is attacking the human frame with diminished power. Pauperism is actually known now in some towns, only in the annals of former days. Unfriendly litigation is decreasing. The class of profligate consumers and idlers, the dross of our civil hive is diminishing; while the class of producers is increasing. But it is impossible for us to convey, by general statements, without a view of the facts which justify them, any adequate conception of the animating results which have actually followed past efforts. And these efforts, we repeat, have been, the collecting and publishing facts. There is yet a vast number, scattered in individual or local experience and observation. The best interests of an oppressed world demand that they be concentrated, like the sun's rays, with focal power. We acknowledge that our hopes are sanguine. Give us these facts. They will furnish unquestionable evidence to the understanding of the truth of our fundamental propositions. They urge a resistless appeal to all the better feelings, the noble and ingenious sentiments of the human heart. These appeals must prevail; and the good sense, the conscience and the humanity of our citizens will yet triumph over the sordid propensities of avarice and appetite.

The call has been made upon physicians for facts. With a magnanimity the most creditable, estimating the public good far more than professional interest; more than five thousand of them, in Great Britain and America, have confirmed this great temperance proposition—"Alcohol used as a beverage, by persons in health, is never useful, but always hurtful."

The commanders of vessels have responded to our appeal distinctly and impressively. They declare that the majority of those awful disasters at sea, in which so much property and so many human lives are destroyed, are directly owing to the intoxication of seamen. And from the combined motives of interest and philanthropy, they have extensively signed our pledge.

More than four thousand of the clergy in this country alone, have publicly confirmed our principles by their testimony, and given their names to our list of pledged supporters.

The insurance companies, not as reformers, but as business men, looking for pecuniary profit, have taken a stand which ought to attract the attention of thinking men. Some of them have long been in the habit of returning five per cent of the premium on vessels which made their voyages without using any alcoholic beverage. What more practical and powerful testimony could these sagacious, skillful merchants give concerning the value of total abstinence to commerce? And facts have shown that they did not miscalculate. The value of the stocks and the dividends of those companies, has greatly increased, for the risk is actually diminishing much more than five per cent by this cause. Twelve hundred ships are now sailing under American colors, in which no alcohol is drunk. But the beneficial effects have been more than pecuniary. It has done more than any other cause to command for our commercial navy the respect of the world. See the flattering and generous testimony of the British nation.

During the last session of Parliament, an able committee was appointed to inquire into the "Causes of Shipwrecks in the British Merchant service." Their testimony is as honorable to their candor and liberality as it is gratifying to our patriotic feelings. It is a testimony which we should think, would make every lover

of America a warm and efficient friend of the Temperance Reformation.

The committee cannot conclude its labors without calling attention to the fact, that the ships of the United States of America, frequenting the ports of England, are stated by several witnesses to be superior to those of a similar class among the ships of Great Britain, the commanders and officers being generally considered to be more competent as seamen and navigators, and more uniformly persons of education than the commanders and officers of British ships of a similar size and class trading from England and America; while the seamen of the United States are considered to be more carefully selected, and to be more efficient; that American ships sailing from Liverpool to New-York have a preference over English vessels sailing to the same port, both as to freight and to rate of insurance; and higher wages being given, their whole equipment is maintained in a higher state of perfection, so that fewer losses occur; and as the American shipping have increased of late years in the proportion of 12 3/4 per cent. per annum, while the British shipping have increased, within the same period, only 1 1/2 per cent. per annum, the constantly increasing demand for seamen, by the increasing maritime service of the whole world, the numbers cut off by shipwreck, and the temptations offered by the superior wages of American vessels, cause a large number of British seamen every year to leave the service of their own country, and to embark in that of the United States; and these, comprising chiefly the most skillful and competent of our mariners, produce the double effect of improving the efficiency of American crews, and, in the same ratio diminishing the efficiency of the British merchant service."

The farmers have been called upon to aid in extinguishing the fires of the distillery and brewery, by withholding their coarse grains from these manufactories of puppers and criminals. They have nobly responded to the appeal. They have helped to close nearly one thousand distilleries in the state of New-York alone. The farmers have found it better policy to feed their cattle with their grains and fruits, than to take them to the brewer or distiller. They have also extensively come to the conclusion, that it is as immoral to furnish the materials for making the destructive substance, as it is to make and vend it. The diminution which has thus been made in this most unprofitable and hurtful employment of the bounties of Providence, is truly wonderful.

It appears, for instance, by the collector's returns on the Erie Canal, last year, up to 3d October, there were 285,488 bushels of barley received in Albany; up to the same period this year, only 72,663 bushels; showing a falling off of 212,825 bushels. We believe there has been a full crop of barley in the state, so that the inference is, that the farmers are feeding it to their cattle instead of furnishing the brewery to some extent at least.

In New-England, New-York, Pennsylvania and other states, the habit of feeding the cider mill with the fruits of the earth is almost universally giving place to the more patriotic and politic custom of feeding it to those animals who, instead of poison, make a return of wholesome and nutritious food to man. The shameful and cruel practice of filling the farm house cellar with the most besotting of all beverages, to drown the mind and quench the heart of a whole family during a long winter, is giving way to wiser and kinder expenditures of the same money in furnishing the library with the instructions of wisdom and piety.

We have called upon the merchant and the mechanic for the results of their observation and experience. The facts which they present are alike appalling on the one side, and heart cheering on the other. In a word, the whole business of making, importing, vending, using and furnishing alcoholic beverages, is an unqualified evil. It has furnished some of the darkest chapters in the record of human crime and wretchedness. The impolicy, injustice and cruelty of this branch of manufactures and commerce, are standing before the public eye in bold relief.

We now wish to make an appeal to you. It is our belief, that should all the manufacturing establishments adopt the principles or practice of total abstinence, they would require no protecting duty. They could then compete with the world, under great advantages. We have already ascertained enough to satisfy ourselves. We want the world to see; we want the manufacturers to see the combined testimony of the whole. We know manufactures, once flourishing, reduced to bankruptcy by the general use of intoxicating drinks. We know others whose success is astonishing under the total abstinence system. The advantage is not to one party in the establishment to the disadvantage of the other. But proprietors and workmen rejoice alike in its benign and profitable effects. Our object in this circular is to propose the following questions, to which, for the benefit of mankind, we respectfully request an answer as soon as it can conveniently be transmitted.

If you have not adopted any regulations on the use of intoxicating drinks in your establishment,

1. What are the practices of your workmen on this subject?

2. Have any deaths occurred among

your hands, which can be traced to the use of intoxicating liquors?

3. How many days, or parts of days, in a year have they lost from the same cause?

4. Are there any contentions or difficulties between the workmen and superintendents, or among the workmen themselves?

5. Have you had any difficulty from the want of care in the workmen, such as losing tools, marring work, &c.?

6. What is the condition of your workmen's families in regard to comfortable clothing, food and fuel, education, neatness, kindness?

7. Do your unmarried men spend their leisure evenings in mental improvement, or in dissipation?

8. Are your workmen, any of them, in debt to the establishment or the grocer, tailor, &c., at the end of the year?

9. Where ardent spirit alone has been abandoned, and beer, wine and cider substituted, has the change been much or any for the better? We wish particular information on this head.

If you have adopted any regulations on this subject,

1. What are these regulations, and when adopted?

2. What has been the effect on the general appearance, cheerfulness, activity, care, temper, and manners of the men?

3. Do your mechanics appear to have more self-respect than they had before, or than others have, who use intoxicating drinks?

4. Is their time more profitably employed?

5. What is the condition of their families as to cleanliness, cheerfulness, attendance on religious services and education?

6. Have your hands any surplus money at the end of the year, how much, what disposition do they make of it?

If you have made a change, then you can contrast the present and former condition of your establishment. If you have always acted on this principle, you may contrast your's with some institution which acts on the old plan.

State what you suppose to be the pecuniary gain from abandoning the old practice of using alcoholic beverages, and the better one of abandoning such use. In a word, we earnestly request you to state all the facts which you think calculated to enlighten the public mind, on the connexion between the prosperity of manufacturing establishments, and the use of intoxicating drinks. These facts the Executive Committee of the American Temperance Union intend to embody. We believe that the facts when fully obtained and presented to the world, will settle conclusively this important proposition, that every consideration of humanity, and of pecuniary interest to the employer and the employed, calls for the immediate abandonment of intoxicating drinks.

We are, gentlemen, very respectfully, your obedient servants.

E. C. DELAVAN, JOHN TAPPAN, J. W. LEATITT, C. KEEFER, ISAAC COLLINS, JOHN T. NORTON, ISAAC S. LOYD.

Ex. Com. Am. Temp. Union.

Note.—Address, for the present, Edward C. Delavan, Albany. Editors of papers throughout the Union are respectfully requested to give this circular one insertion.

RELIGIOUS MISCELLANY.

RULES FOR SABBATH SCHOOL TEACHERS.

1. Be very sure you understand the lesson yourself, before you attempt to make your scholars understand it.

2. Be animated—be emphatic. Convince your scholars you are in earnest; but do not insult their judgments by extravagant appeals to their passions, without enlightening their minds.

4. Remember your object is to teach. Study, therefore, your lesson thoroughly. Think for yourself, and when you have new thoughts, communicate them. And at the same time a teacher should not aim to be original, merely for the sake of it.

4. In your remarks, come to the point at once, and be short.

5. Never study to be eloquent. Let theatrical affectation be banished from the school-room. S. S. Treasury.

TENOR OF THE GOSPEL OF PEACE.—The way to heaven is revealed in four words: "Acquaint thyself with God." The guide to that way in three: "Search the Scriptures." The spirit of this divine doctrine in three: "Faith, hope, charity." The privileges afforded in that way four: "Call upon thy God." The essence of it in six: "Love to God, love to man." The mode of our salvation in six: "Believe in the Lord Jesus Christ." The means of our obtaining it in nine: "Repentance towards God, faith in our Lord Jesus Christ." Duty enjoined thereby in three: "Follow after righteousness." The result of our doing so in six: "Peace which the world cannot give." The issue of that result in two: "Eternal life." Truly the gospel is so plain that the way-faring man, though a fool, need not err therein.—Gambier Obs.

CHINA. Mr. Bridgman writes May 31st, 1836, that an "edict had just appeared in Canton, forbidding faith in Jesus and the propagation of his doctrines on the pain of death."